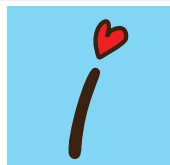
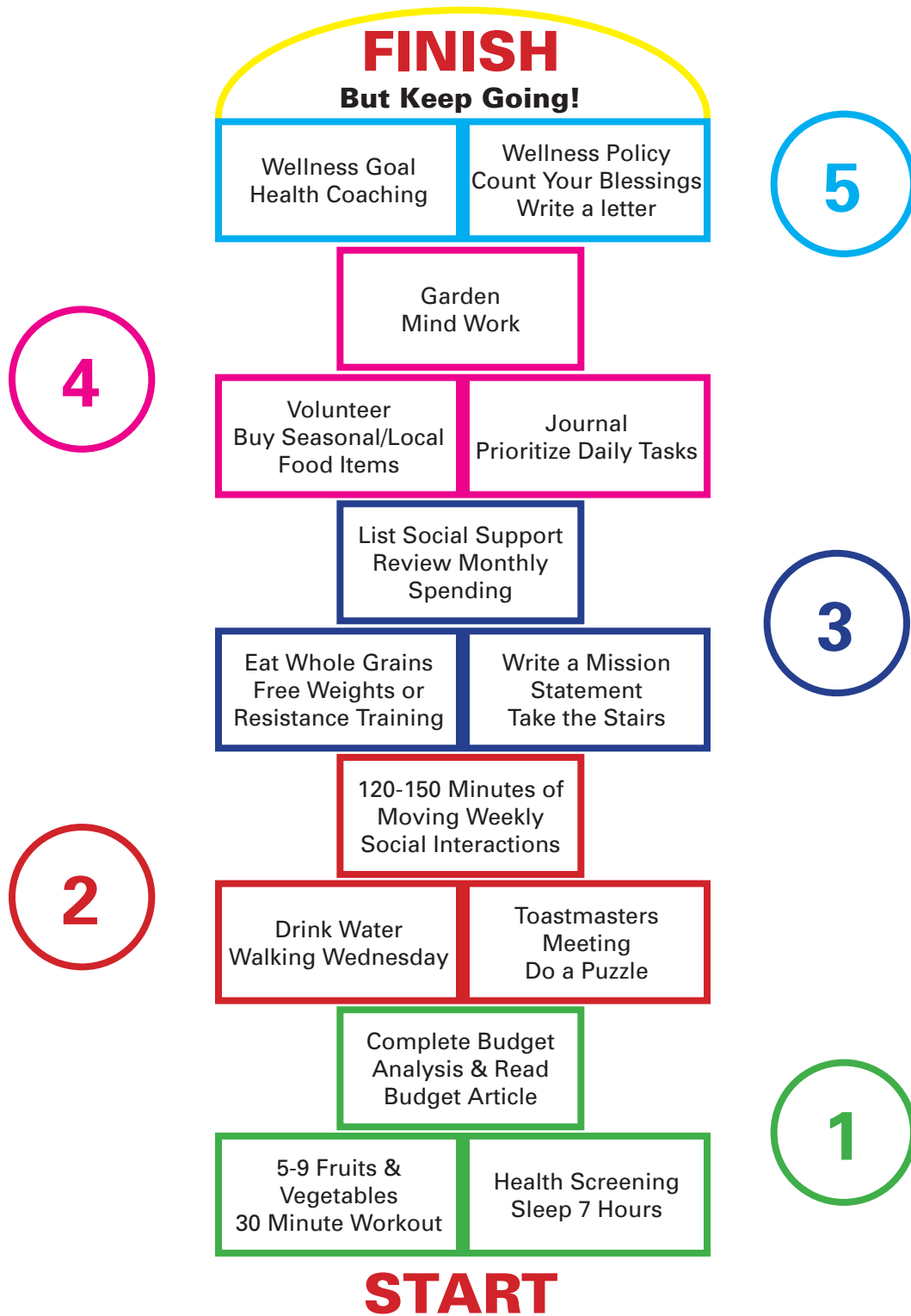


Hopscotch Wellness Challenge

Hopscotch your way to a new you!



choices
Wellness is a Lifestyle

DATE	1	2	3	4	5	6	7	8	8	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Total
Level 1																																
5-9 Fruits & Veggies/day																																
30 Minutes Moving																																
Health Screening																																
Sleep 7 Hours																																
Budget/Read																																
Complete Level 1																																
Level 2																																
120-150 Moving/Week																																
Drink Water																																
Walking Wednesday																																
ToastMaster																																
Crossword/Sudoku																																
Social Interaction																																
Complete Level 2																																
Level 3																																
Eat Whole Grains																																
Take Stairs																																
Mission Statement																																
Weight/Resist. Training																																
Social Support																																
Review Monthly Spending																																
Complete Level 3																																
Level 4																																
Volunteer																																
Journal																																
Prioritize Daily Tasks																																
Buy Seasonal/Local																																
Garden																																
Mind Work																																
Complete Level 4																																
Level 5																																
Wellness Goal																																
Health Coaching																																
Count Blessings																																
Submit Wellness Policy																																
Write a Letter																																
Alternate Activity																																

Total